



## PTA Newsletter Article

### **Bike to School Safely with a Bike Check**

Biking to school is a healthy alternative to driving not only because it's exercise, but because it also saves on gas and lessens the emissions around the school. You can help your kids be safe as they ride to school by making sure they do a bike check every morning, and they know biking rules and respect traffic hazards. Follow these simple bike check steps:

- Squeeze wheels to make sure they are hard and full of air.
- Check the seat to make sure it doesn't wiggle around.
- Check the brakes to make sure they're stopping the wheels.
- Shake the entire bike to make sure there aren't any loose parts.

Always wear a helmet when riding a bike. Make sure the helmet has a safety certification and that it fits properly. The helmet should always be on top of the head, with one finger space between the chin and the strap.

More information about SNAP, including helpful tips, is available at [www.udot.utah.gov/SNAPParents](http://www.udot.utah.gov/SNAPParents).